


HELIO THERAPY

THE HEALING POWER
OF
LIGHT AND COLOUR



Paul Poschinger, Ms.D., Ps.D., etc.



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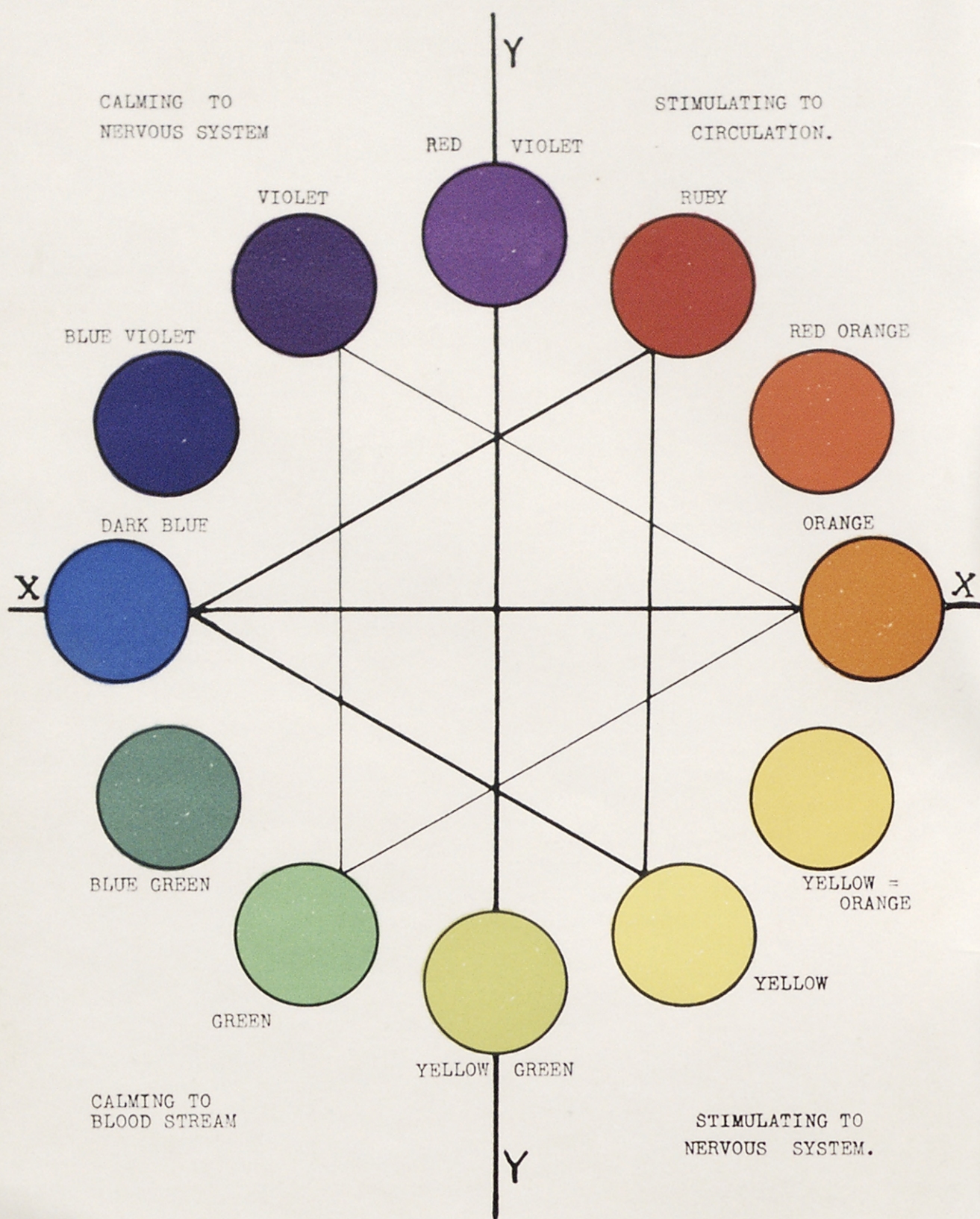
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HELIO-THERAPY



Paul Poschinger, Ms.D., Ps.D., etc.

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P R E F A C E

The tremendous healing power of Light and Colour is by no means new, for it has existed since the beginning of time, but man, especially in the Western world, has lacked the knowledge and understanding of its practical use and the many various means by which he could heal and re-vitalize his body, calm his mind, balance his emotions and bring about the perfect harmony between the physical, mental and spiritual nature of his being.

This little book is not intended to be a text-book on Light and Colour Therapy, for it takes considerably more than a mere superficial knowledge to use colour for healing purposes; my main purpose of offering it to my many readers is merely to show them the true values of Sunlight and the seven rays of the colour spectrum, so that they may be applied wisely and beneficially in their everyday life.

In a time like the present, when the nervous systems of the people are overtaxed, Light and Colour could and should be used scientifically by each individual so that the worried minds may be calmed and the uncertainties of "To-morrow" may be met with confidence and courage.

Nature, in its supreme wisdom, has provided everything necessary for the health, happiness and well-being of

man, but man has not always troubled himself to understand or use Nature's gifts so that he may benefit thereby.

To those who have a desire to learn the wonderful laws of life, and are willing to use them open-mindedly and fearlessly, so that a better, stronger and more understanding race may blossom forth in days to come, I dedicate this book, in the hope that it may guide them along the path.

Paul Poschinger,

Consulting Psychologist and Metaphysician,
Lecturer, Teacher and Author.

LIGHT, THE CREATOR OF LIFE

GOD IS LIFE, and Light was His first creation—brought forth so that Life may manifest in the visible world. For Life is certainly the most important factor to every living being. To have that life—to exist at all—it is necessary for our earth to be exposed, constantly and continuously, to the life-giving rays of the Sun. If it were not so life, as we know it, would cease to exist, for we would not be able to obtain the necessary food which is a vital fuel for our body. Just think for a moment what would happen if our giver of life—the sun—would suddenly cease to shine. In a very short time our earth would be transformed into a barren and solid block of ice, where no life in any shape or form could possibly exist. So you see, it is really the sun which enables life to manifest on this earth in countless different ways. It is the sun which enables the grass to grow, the herbs and vegetables to flourish, the fruits to ripen, so that man as well as animals may have food to live on. Think about these wonderful laws of Nature and you too will come to the conclusion that it is “SOLAR ENERGY” which really is the creator of life on this planet—the creator of our food and everything else, for they all come originally from the sun and its various radiations.

By studying the Solar Spectrum we will find at one end the deep infra-red radiations, then the red, which

gradually shade into orange, then into yellow, then into green, then into blue, then into indigo and finally into violet, which becomes deeper and deeper until it ends in a deep ultra-violet. Everybody has witnessed the beautiful phenomena of a rainbow, which is caused by the passing of white sunlight through mist or raindrops and broken up into the seven visible colours of the solar spectrum, which are red, orange, yellow, green, blue, indigo and violet. The same solar spectrum can be obtained by passing a ray of white sunlight through the refracting surfaces of a glass prism, where it is split up into its components and can be seen as a beautiful band of seven colours if allowed to fall upon a white screen. In other words, white sunlight, as we know it, is a combination of seven visible colours as well as other kind of rays which are invisible to the human eye.

Light propagates itself through the medium of the ether of the Universe in the form of waves, whose length is measured by the distance between the crests of two adjacent waves in the undulating stream of radiant energy. Also the wave-lengths of the various rays differ greatly, there is no difference, as regards their speed of propagation, which amounts to about 186,000 miles per second. The term frequency is used to designate the number of passing wave crests, which are counted in one second. Each colour of the spectrum has a wave-length and frequency of its own. In order to establish a basis of comparison, a special unit for the measurement of wave-lengths has been internationally adopted. This is the "Angstrom Unit" (abbreviated A.U.), derived from the

name of the Swedish physicist, Professor Angstrom. This unit is the ten-millionth part of a millimetre, or the two hundred and fifty millionth part of an inch.

To show you the vast difference in the wave-lengths of the various colours of the solar spectrum I include here the following table expressed in Angstrom Units:—

Violet	3,900 to 4,200 A.U.
Blue	4,200 to 4,900 „
Green	4,900 to 5,300 „
Yellow	5,300 to 5,900 „
Orange	5,900 to 6,400 „
Red	6,400 to 7,700 „

As you will notice, the wave-lengths of the visible spectrum gradually increase from the violet end to the red end, and so does also the heating power from the ultra-violet to the infra-red waves. White light itself has merely one single wave-length, and only when it is split up into its components has each of the seven constituent colours its own special wave-length. To measure the length of the waves as well as analyse the spectra of various light rays, a special instrument, called the spectroscope, is used. It is by means of this instrument that suitable filters for helio, chromo or colour therapy can be selected, to make certain that the required colour obtained with a filter is of the correct wave-length.

You will no doubt have realised by now that sunlight, as we know it, is really the sum total of the visible

spectrum, or, in other words, every colour vibration is really a part of solar energy. This wonderful variation of colour is abundantly reproduced in Nature and any observant man or woman can find unlimited proof of it, but very few people know or understand the reason why Nature produces so many different things in such great variety of colour.

Let us look around and we will find red fruits, red vegetables and red herbs, such as certain kinds of apples, tomatoes, cherries, mulberries and many other berries, cayenne pepper, balsam of Peru, bromine, iron tonics and so forth, which are all charged with the particular qualities of the RED RAY of the solar spectrum and obtain thereby a certain power and influence which in its turn will have a similar effect or influence upon the human system if absorbed as food. This is the reason why one man's food may be another man's poison, for each individual system needs different colours to harmonise and balance the individual colour scheme.

Next we find the ORANGE rays represented in oranges, carrots, pumpkins, hubbards and so forth.

Then we find the YELLOW expressed in the beautiful golden grain, corn, lemons, figs, peaches, grape-fruit, paw paws, pineapples, celery, asparagus, senna, quassia, Peruvian bark, eggs, castor oil, sulphur, etc., which all contain the laxative qualities of the yellow ray to a greater or lesser degree.

Next we have the GREEN represented in green apples, pears, custard apples, lettuce and all the other vegetables

and herbs, which all contain to a certain degree the healing qualities of the green ray, which is very soothing and calming to the nervous system. Mother Nature, in her supreme wisdom, has provided an abundance of green fields, glades and forests to calm the nerves of man and keep his system in perfect balance and harmony—but man in his superior ignorance prefers the crowded cities, picture theatres and beaches.

The blue rays are represented in abundance in the sky, in the water, in fruits such as plums, blackberries, etc., as well as herbs of a usually very astringent nature, such as geraniums and others.

Finally, we come to the purple and violet representatives of the solar spectrum, where we find grapes, mulberries and herbs, such as belladonna and foxglove, which are not only very powerful astringents, but also powerful poisons.

The above examples have merely been selected at random to show you how Nature finds means and ways to impart the healing qualities of the different rays of the solar spectrum to its various creations, so that certain fruits, vegetables and herbs are charged with the particular ray which they are most capable of absorbing. As it is the nature of grass to absorb only the yellow and green rays, it not only is green to look at, but it also transmits the qualities of the respective rays to the animal which uses grass as its food. "As calm and placid as a cow" may not sound very polite when referring to someone you know, but I intend to use it only to show you the effect of certain colour qualities when absorbed by the body through food.

Therefore, we will find that every food that we eat represents an original colour which has been absorbed from the sun, of which it is a part. In order to exist, we must breathe, eat and drink, so that our body can transform the various colour rays of the sun into blood, which, through the action of the solar plexus, is again transformed into other vibratory forces which build bone, flesh, tissue, hair, etc., as well as into a series of electrical vibratory forces which enable us to see, hear, smell, taste and touch.

Where do you obtain the necessary energy to think and express yourself? How is it possible for you to see and read these pages, or mentally absorb the facts which I am endeavouring to explain to you? It should not be difficult to come to the realisation that it would be impossible for us to hear, see, speak or think unless we were able to absorb the necessary energy to do so, from the air we breathe, the water we drink and the food we eat, which are all nothing else but creations of the Sun. Having thus absorbed original Solar Energy, it is then transformed into blood, from which we obtain the necessary electrical force to express ourselves and generally become aware of things around us. So you see, the invisible Solar Energy is made visible in Nature in the beautifully coloured fruits, vegetables, herbs and flowers, so that man is attracted to them by virtue of their colour and taste.

This Solar Energy is then absorbed by man from the food, water and air which he requires in order to live—is then transformed into blood and finally changed back again into an invisible electrical energy, similar to the one it first emanated from—the SUN.

If people could only understand the simple and obvious fact that Nature and everything contained therein is nothing else but a vast ocean of electrical vibratory force, then the mystery of creation would become wonderfully simple to them. Yes, man himself is nothing but a series of invisible human electrical vibrations, directly or indirectly obtained from the sun—for if I speak to you, I send out an invisible force which vibrates on your eardrums and enables you to interpret and understand.

According to the Eastern conception, man is composed of seven different series of vibrations, but for the present purpose it will be quite sufficient to consider only the three main forces of body, mind and spirit.

First we will consider the body, which is nothing else but a series of vibrations directly or indirectly absorbed from the sun through the air we breathe, the water we drink and the food we eat. The energy thus absorbed from the air and sunlight is direct, but from the food and water it is indirect. So you see, the material body of man is really the product of Solar Energy.

The second series of vibratory forces inhabits the temple which we call our body, and is usually referred to as the Mind. Now if this body is healthy, strong and perfect, it will be an ideal dwelling place for the mind. But if its vibrations are out of tune and are discordant, as is the case in a weak or diseased body, then the mind does not feel at home or at rest, and worry, fear and constant anxiety are the result. It's just like living on top of a tree which sways in the storms of life and threatens to throw you out every minute. Your nervous

system simply could not stand it very long without being shattered—and, likewise, the dynamic forces of the mind can only operate peacefully in a body whose vibrations are harmonious and working smoothly. Only then can the mind take charge of the body and assist and guide it safely and peacefully through life.

The third series of vibrations can only be perceived and received if mind and body work in perfect harmonious co-operation. Maybe this will enable you to realise that, to become aware of the spiritual vibratory forces within man, it is not enough to have faith or simply believe that such a thing can be accomplished, but it is necessary to establish perfect harmony **WITHIN YOURSELF**. Only when man has done his share and accomplished his task of bringing body and mind into perfect co-operation will he be given the full conscious awareness of the spiritual forces within him, and through it gain wisdom and understanding, and become a perfect whole—body, mind and spirit—operating harmoniously as one perfect being to whom life is a never-ending fountain of joy, beauty, happiness, abundance and peace. As I have treated this subject in full detail in other publications as well as my study Courses on “Practical Yoga,” I need not go into further details here, except by stressing once again the simple fact, that the establishment of harmony between the physical, mental and spiritual forces of man is the Keynote to Mastership.

When man realises that all his illnesses, moods and troubles are due simply to lack of proper balance in the

nervous, mental and etheric forces of the body, then will he be ready and willing to use colour as a vibratory force to re-establish the proper balance and harmony of the system. For colour, if properly understood and used, can change a man's disposition, alter his character and cure his diseases by re-establishing the required balance of electrical vibrations so necessary to the body.

In order to keep the physical, mental, emotional and spiritual forces within us properly balanced we should endeavour to follow our natural instincts by surrounding ourselves, as well as clothing ourselves, with the colours which appeal to us most at the moment. It would be foolish to follow fashions when your own instinct tells you otherwise. As a rule you are attracted by the colours which your system needs most at the moment, and even though you may be very keen on one particular colour for a time, you may find that your liking for this particular colour will change to something else as soon as your bodily needs have been supplied with the required vibratory forces.

Those rare few who have learned to absorb the required colour vibrations direct from the Universal Ether will not require any outside means to establish and keep a perfect balance in their being at all times, but the millions who are not able to absorb from the sun, food or water the necessary proportion of colour forces required by them would benefit greatly by a better understanding of the means and ways of supplying the required colour vibrations to their bodies if they desire to establish and

keep a perfect balance of the physical, mental and spiritual vibrations of their being.

We should, therefore, all endeavour to learn to use colour freely and scientifically in our daily life, not only because it will be beneficial to our health, but also because it will be of vital importance to our happiness and success. When you think of the millions of busy people who toil hard all day and come home tired and worn out at night—too tired to enjoy themselves or do anything else—would you not long to tell them that they could re-vitalise themselves in 10 or 20 minutes by simply exposing themselves to the refreshing rays of a yellow light? It would be so very simple for the artist, musician or writer to put himself into the right mood for worth-while creative work or obtain the necessary inspiration by making use of the orange ray, which could be produced by a simple light or by using sunlight and a suitable filter. The wise parent could easily control the moods and temper of the children if he understood the wonderful calming and soothing effect of the green and blue rays of the spectrum. As all this can be accomplished easily and cheaply in the privacy of your own home and in a very short time, I am convinced that the modern home of the future will be fully equipped with all the lighting fixtures necessary to your physical, emotional and mental well-being.

To have and keep real harmony and peace within yourself it will also be necessary to have a scientific understanding of colours and know which particular shades are most suitable to our appearance as well as to our well-being. The colour of the materials which we wear have a

great deal to do with our moods as well as our health, but, unfortunately, few people realise how easily a change in colour can alter their whole outlook on life. More important still is the scientific selection of the right colour schemes which we should use to furnish our homes and offices or decorate our business establishments and shop-windows. The selection of the correct colour scheme is of vital importance in decorating places where people meet, such as theatres, ballrooms, restaurants, etc., and anyone who really understands the effects of colour upon the delicate mechanism of the nervous system of man will tell you that certain colours would attract huge crowds to these establishments and would make success an easy matter, whereas, on the other hand, many a failure in such establishments has been due to the choice of the wrong colour scheme, which simply did not appeal to the public. You will often find that a certain place of business is most popular for years until the proprietor decides to re-paint and decorate the place, and for no apparent reason the old and faithful customers fail to feel at home in it and drift on to some other place. As an example, let me quote a popular chain of New York restaurants which some years ago was a complete failure until a colour expert was called in who re-decorated them, using red and yellow as their colour scheme, and even though the prices are extremely high, they are to-day always crowded, because the warm and cheerful colours attract customers, make them amiable to the high prices and even give them a bigger appetite so that they want to eat more.

Red, orange and yellow are the colours which warm, excite and cheer you. They put you into a mood to go

and enjoy yourself and therefore you will always find these colours in all places of amusements, circuses and side-shows. Manufacturers of foods and soft drinks have long learned the value of colour, because they have observed that people instinctively prefer the things which belong to the appetising range of red, orange or yellow. I know of a butcher who painted his display window in a blue-green shade instead of the customary white, and up went his sales, simply because the background brought out the best shade of red in the displayed meat. As red and green are complementary colours, they intensify each other. You can demonstrate this to yourself by looking intently at a red patch for a few minutes and then shifting your gaze to a plain white background, and you will see a greenish colour area. Or if you look at green, you will see red when looking at a plain white background.

It is all simply a matter of understanding colour and its tremendous effect upon us in our daily life. Let me give you some other examples. If you should be one of those unfortunates who is chronically low-spirited, then take a good look at your colour surroundings. If your living room is dull and drab, your office a musty brown, and your secretary's dress a midnight blue, then it is no wonder that you feel depressed. A few bowls of bright summer flowers and some red or yellow ornaments or books would make all the difference and would assist you to cheer up. Your living room should always be furnished to suit your own requirements, and the calming blues, greens or cool greys would be quite ideal for elderly people who want peace and rest, but at the same time it is always wise to balance it with a few brighter colours. Younger

people will most likely prefer the warmer shades, such as yellow-orange, warm neutrals or reds, which would be more suitable for their temperaments and help a great deal to make their parties a success.

Now let us consider your bedroom. If your walls are yellow and the curtains and bedspread on the reddish side, then it is no wonder that you suffer from insomnia or toss and turn all night, for these colours may be too stimulating for you to allow you to sleep peacefully. Change the decorative scheme to cooler blues and greens, and your restlessness and inability to sleep will be a thing of the past.

Housewives have to spend a lot of time in the kitchen, where warm and stimulating colours should be used, such as yellows, creams, orange, and even red. If the colour scheme of your kitchen happens to be green or blue, especially in the darker shades, then it is no wonder if you feel cranky by the end of the day or lack a healthy appetite. If it is your daily task to ply some man's appetite, then make certain to use warm colours in the foods you serve, such as salads with yellow-green lettuce, red tomatoes, orange carrots, and so forth, as they will quicken anyone's appreciation of his dinner. Even a beautiful bowl of flowers can have a wonderful effect upon the appetite of those who see it before them on the table. You may not be quite aware of it, but instinctively you choose and buy a greater percentage of your food by virtue of its colour.

Hospitals, especially those dealing with mental and nervous cases in America, and other parts of the world,

are beginning to use colour freely for therapeutic purposes. Depressed and suicidally disposed patients are put into rooms with yellow, orange or red walls. If the patient is only mildly depressed, then the yellow will be sufficient to give him a lift, but if he suffers from a super depression, then red will be necessary to supply him with the maximum stimulus. When you see red, or are surrounded by it, you can't help but leap into some kind of mental action.

On the other hand, excited and over-stimulated patients should be placed into rooms which are furnished in green, blue and cool greys. If only a little colour sedative is needed, the green and blue shades will do nicely, but a really excited patient may require an exposure to solid violet.

How colour schemes affect the nervous conditions of man can best be realised by an example of the practical application of colour by institutions like the National Broadcasting Company of America, who have fitted several studios with blue-toned walls, as experience has proved to them that this colour scheme tends to quiet the nerves of first-time broadcasters, thereby eliminating stage- or "mike-fright."

As another example, let me quote the manufacturers of a new American passenger 'plane who have designed the interiors of their machines in a pale green colour, which has been found to eliminate air-sickness.

The colour of your garments will also have a great deal to do with whether you feel hot or cool in summer. If

you wear black you will swelter, because black absorbs the light waves, whereas white reflects them and makes you feel comfortable and cool. You will also find the cooling shades of light green and blue ideal colours for the hot weather, whereas the red, orange or yellow shades will be more suitable to make you feel warm and comfortable during the cold winter months.

The favourite colour of men is blue, and of women red. Black and white costumes are also very popular with women, but merely because they are economical and go with anything. Another reason for their popularity is that black and dark colours in general tend to make the wearer look more slender. You will also find that the colours which you wear will to a certain extent modify your complexion as well as the colour of your hair and eyes. The red-headed titian or auburn-haired girl who wears a green dress will make her hair look even more red than it is, as green, being the complementary colour to red, has the tendency to accentuate any natural ruddiness of complexion. That beautiful girl whose sparkling blue eyes you admire so much, may not have blue eyes at all. The effect of blue may be imparted by the blue and yellow dresses which she wears and which make you imagine her eyes to have a colour which actually is not there at all. Taffy-coloured hair looks more golden if a blue dress sets it off, for the simple reason that yellow is the colour your eyes tend to see after looking at blue.

If you want to be the sensation at any party, then wear a combination of blue and crimson and see what

happens. As the red tends to make you near-sighted and the blue far-sighted, the eyes of your admirers will try to reconcile the two colours on your gown, with the result that you appear to glow and vibrate like a neon sign. I grant you that such a combination of colours may not be very æsthetic, but at the same time I am certain that not a solitary man in the crowd will fail to notice you.

From the few examples mentioned above you should not find it difficult to come to the conclusion that colour has a tremendous effect upon us in our daily life. If you are wise you will use colour scientifically and put it to work for you, instead of allowing it to run away with you and stop you from getting the best out of life. There is no other visual stimulant that can equal colour in its instantaneous power to exhilarate or depress you and, once you have recognised its tremendous force, then you will be willing and glad to use it freely at all times, and make of it a willing servant that will help you on to greater success.

UNIVERSAL HEALING ELEMENTS

Sunlight is the most powerful universal healing force known to man—a healing force which is by far safer, more effective and more enduring than all the cruder elements, such as ordinary heat, mineral elements, drugs, herbs, etc., if we have learned to understand the wonderful powers of the Universal Ether and know how to use it to our benefit. I have endeavoured to show you in a former chapter that the Sun is the giver and creator of life within every visible

manifestation. The Sun, as the originator of all that we can see, imparts its healing forces into every atom of its countless manifestations. Therefore we will find a certain amount of healing power contained within everything, from the lowest vibrating solid to the highest vibrating force of pure Spirit—but the degree of their effectiveness, as well as their power of penetration, will vary according to the density of the element used.

The crudest and coarsest elements in Nature's scale of forces are the minerals, out of which most of our present-day chemicals and drugs are prepared.

Next comes the vegetable world, which constitutes the food of man, and is of a much finer nature, as it not only receives the finer elements of the sunlight and atmosphere, but sifts and strains the coarser ingredients of the earth, while absorbing them only in a liquid state. Observation will prove to you that vegetables, cereals and fruits which grow above the ground and are freely exposed to the elements of sunlight, have a greater food, as well as medical value, than the roots, tubers and bulbs which grow under ground.

The next finer healing element on our list is water, which, due to its liquid state, is able to absorb and store a fair amount of electric energy from the sun.

Pure air is still finer than water in its penetrating power, as it furnishes a more ethereal combination of elements, which are more or less continuously exposed to the solar radiations.

But the finest healing elements of which we can avail ourselves in the external world come from sunlight, which is the most penetrating healing force known to man. The unfortunate part in this respect is only that so very few people recognize it as such or know how to use it to their benefit.

There is only one known element which transcends sunlight in fineness, and that is the invisible psychomagnetic radiation of a highly organised human brain. These mental radiations can penetrate all matter without effort, and have the power to re-organise and re-charge the tiny cells with the required psycho-electric energy.

Beyond these radiations of the mind of man is the sphere of eternal Spirit, which is so far above the range of vibration of the average developed receiving instrument of man, that we can only know of its existence, without being able to classify it or investigate it any further.

HOW TO USE SUNLIGHT AND COLOUR

The speediest and most efficient way of supplying the various etheric healing waves to a patient is by means of light treatments, where the patient is exposed to the healing rays of the sun or a powerful electric light which has been allowed to pass through specially selected colour filters. Sunlight, of course, is the most powerful and direct medium to use, which, if filtered through suitable colour mediums, conveys all its healing qualities direct to the

patient, whereas electric light treatments are only an indirect method and are by far less powerful than the sun.

To understand the value of colour therapy it will be necessary for us to know how and why colour can affect the physical, mental and emotional being. I have mentioned before that colour is a force with accurately measured wave lengths and travelling with the speed of light. This force can be used to produce effects on the etheric body, which is the etheric counterpart of the physical body—or the pattern into which the physical body fits. This etheric body permeates the entire physical body and reaches out a little beyond it, so that it actually can be seen as a line, about half an inch in width, all around the body. The etheric body sends out an emanation which is called the etheric aura, and consists of an inner and outer aura, which can be seen quite clearly under certain conditions.

Dr. Kilner, who has devoted a life time to research on the subject of the human aura, describes in his book, "The Human Atmosphere," the results of his long investigations, and explains also the means of making the aura visible to the normal vision, through the medium of his special Dicyanine filters (now unobtainable).

Personal investigation on this subject will soon convince you that the human aura is not merely an envelope, but an emanation from the body which changes in size and colour according to the physical, mental or emotional state of the individual, or can be changed at will at any time by a trained mind with the necessary understanding of the laws of human vibrations.

The etheric body has its own rate of vibration, whose speed and amplitude can be increased or decreased through the use of colour. As you know, each colour of the solar spectrum has a different wave length. Change the wave length and you will automatically change the colour; change the colour and you will change its effect upon the physical, mental and emotional body of man—in short, upon the human matrix, the etheric body. It is the etheric body whose colour combination is out of balance in the case of sick people, and it is therefore the etheric body which is supplied with the required colours to re-charge the system and bring about perfect harmony and balance. When that has been accomplished it will automatically be reproduced in the physical body of man. Therefore, it is important to realise that it is not the physical body direct which benefits by colour, whose rate of vibration is much too high to have any effect upon the low vibrating material body, but it is the etheric body which is being treated and harmonised, so that it in turn can balance the physical body and bring about perfection.

Experiments with colour will prove to you that each individual colour has a different effect upon the constitution of man, but, generally speaking, the red, orange and yellow end of the spectrum is exciting and inflammatory, whereas the green, blue and violet end of the spectrum has a calming, cooling and soothing effect. You will find that certain colours will increase the circulation, accelerate the heart beat or raise the blood pressure, whereas others will do exactly the opposite.

Now, in treating a patient with colour, it is of vital importance that his body as well as mind are completely relaxed. To be really successful in chromo or colour therapy, it is not only sufficient to expose yourself or the patient to the most suitable colour, but it is necessary for you to be able to absorb that colour with every atom of your being—or for the colour healer to force the required colour into the etheric body of the patient through the power of his highly developed mind and will. To establish a perfect balance in the patient, the operator must be able to visualise the entire process of colour absorption and hold a strong and powerful mental picture over his patient, until his etheric body has completely absorbed the required colour.

The most powerful healing rays are of a crystal clear and sparkling colour and must be visualised as such—filling and re-charging every atom of your being. As a sick body is very much the same as a run-down battery, it is only a matter of re-charging the etheric battery of the individual with the required electrical colour vibrations, to bring about perfect balance and harmony. As the ability to absorb colour into every atom of your being, or force the colour vibrations into the etheric battery of a patient, is of utmost importance to the success of the treatment, it will naturally depend more on the mental powers and abilities of the operator who uses colour for healing purposes, than just on the colour alone. It may be for this very reason why some people have had such tremendous success with colour treatments, whereas others, who use colour merely in a mechanical fashion, have not been able to obtain the same results.

The usual practice in colour treatment is to expose the whole body to the healing rays of light, but in certain special cases it may only be necessary to focus the concentrated colour rays upon certain areas, such as the various nerve centres. The main principle is to treat, readjust and harmonise the etheric body, which in its turn will automatically establish perfect harmony in the physical body. Even though the penetrating power of sunlight and its various colour rays is tremendous, the best and quickest results will naturally be achieved by focusing the colour rays upon the bare skin, as any coloured material worn by the patient would prevent the required colour from reaching his skin in the desired purity. White materials could be worn without having any influence upon the efficiency of the colour treatment, but a free exposure of the bare skin will, of course, bring the quickest results.

The equipment used for colour therapy is of a varied nature. The most ideal place for general colour treatment would be a Solarium containing seven rooms with large windows, each one of which is fitted with a different colour filter, through which the sunlight can flow freely, thereby bathing the patient in the required colour. This would not only assure perfect privacy for the patient, but give him also the complete colour range of the solar spectrum, to use as required. Unfortunately, such a solarium is by far too expensive for a private individual to install in his own home and is, therefore, out of the question.

For patients suffering from chronic or dormant conditions, such as paralysis, rheumatism, etc., a special colour sweat bath, in the form of a small, specially con-

structed enclosure, in which the patient is exposed to the heating colour rays of the sun or a powerful electric light, is indicated, which not only supplies him with the required colour vibrations, but also produces sufficient heat to force all impurities and poisons out of his system. The beauty of such a colour sweat bath is the fact that it leaves the patient perfectly refreshed after treatment, instead of tired and exhausted as after using a steam or turkish bath. But here again, the cost of such a colour sweat-bath, together with all the required filters, would be by far too high to be within the reach of the average man or woman.

For climates or days where sunshine is not available, a powerful electric equipment will be needed, which can also be used in the evenings. A specially constructed lamp, somewhat similar to a spot-light, and using either a 1000-watt clear lamp or a carbon lamp of perfectly white colour, would be quite ideal for this purpose. As the rays of the light are concentrated by means of a condenser lens, a quite powerful beam of light can be obtained, which, when passed through the required colour filter, will produce a fair substitute for sunlight. If it were not for the high cost, such lamps would be ideal for home use.

Besides special combinations of lenses and reflectors which are used to produce an extremely powerful and concentrated beam of sunlight for the purpose of penetrating to deeper or internal dormant conditions, such as tumors, a cheaper and simpler instrument can be used, that may not be as powerful and efficient, but will be found quite satisfactory. It consists of a funnel of about

15 inches at one end and gradually tapering down to about 4 to 6 inches at the other, and a length of about one foot to a foot and a half. The outside is painted black and the inside is silverplated, so that it can catch and concentrate the sunrays before they are passed through a colour filter and on to the patient. This simple instrument is quite ideal for home use, but has the disadvantage that it can only be used for the treatment of local conditions, as the light-beam is only a few inches in diameter.

The simplest method of applying colour in the home is through the right colour schemes and decorations, as well as the simple medium of an electric light. Most of the manufacturers of globes bring out light bulbs in NATURAL colour which can now be obtained at nearly every shop. The most usual colours are natural ruby, natural amber, natural green, and natural blue. Sprayed globes are useless for therapeutic purposes. The most serviceable sizes are the 60, 75 and 100-watt globes, which, with a suitable reflector, produce a quite satisfactory light for home treatments. The specially designed bowls of light which I use at my lectures would be the most ideal medium to supply colour to the individual home, as they can be made in every colour of the rainbow. At the moment they are still in the experimental stage, but in the near future they will be available in all colours and will be obtainable from the author.

One of the most important factors in colour therapy is the selection of the correct filters, which at the moment is not an easy matter, as oversea supplies are practically unobtainable. Glass is by all means the most suitable,

satisfactory and lasting filter to use, if it can be had in the right colours. The average man may consider any piece of coloured glass a suitable filter, but that is not so, as only certain glass which has been coloured with special chemical will prevent all other colour rays except the particular one desired from filtering through. Take the average blue glass on the market as an example, which, when tested with a spectroscope, will be found to allow every colour of the rainbow to filter through. It would, therefore, be quite useless for therapeutic purposes where a pure blue ray is required. The only deep blue glass which is really suitable for this purpose is glass which has been coloured by Cupro-Sulphate of Ammonia, which produces a filter capable of obliterating all the thermal rays. For green, Iron Oxide should be used, which produces a most suitable deep iron green glass. Manganese should be used to produce a suitable violet filter. A pure yellow can be obtained with carbon and a deeper yellow with iron, and so forth. So you see, it is not just a matter of using any old piece of coloured glass that may be handy, but of selecting the right filters if satisfactory results should be obtained. This is especially important in cases where a concentrated light-beam is used for the treatment of certain glands or delicate disorders, or where colour is used for the purpose of charging other substances, such as water, as described in full detail in a later chapter.

There are, of course, other mediums which could be used as colour filters, such as certain cellulose products; but, besides being practically unobtainable at the moment, they are not always suitable as filters, especially as far as the blue is concerned.

There is, however, one perfect blue filter on the market, which is the Wratten Filter, manufactured by the Eastman Kodak Co.; but it, too, has the disadvantage of being very expensive (over £2 for a three-inch square filter), as well as not being available in bigger sizes. I have, however, succeeded in producing a perfect blue filter in any size desirable at a considerably lower price, which I find most satisfactory in my work.

One other material that can be used, but is not very satisfactory, as it fades too quickly, is a certain gelatine medium, which also has the disadvantage of being very easily affected by dampness, which renders it useless.

You will no doubt realise that it would be rather difficult, as well as costly, for the average individual to make use of the wonderful healing power of the sun at the present moment, for a really worth-while equipment would not only require space and money, but also a special locality, far away from the noise, dust and smoke of the city. It has been my aim and desire for many years to use the forces of Nature for healing purposes and establish a temple of healing, not only for the body, but also for the mind and soul of man. After visiting every capital city in Australia, I have at last selected the most suitable sight for the establishment of a Solarium and Psychological Clinic, where in the near future all the healing forces of Nature will be harnessed for the purpose of mending the shattered bodies, nerves and minds of men. The location of this Solarium will be at Pennant Hills, near Sydney, amongst 10 or 20 acres of the most beautiful bushland, with a creek flowing through, and ample space to find

peace and quiet. As the cost of such an establishment is tremendous, it may take a little time until all the necessary equipment is available, and the work of building individual log cabins and huts amongst the trees, as living quarters for patients and visitors, is completed. But in time it will be the first and only temple of healing of its kind in our modern civilisation, which does not necessarily mean that it will be the first in the history of mankind, for such temples of healing are the real origin of our modern temples of worship and have existed long before our modern race and civilisation had its beginning.

Many ancient civilisations of the past had a thorough understanding of the healing powers of sunlight and colour, and established special places where the patients were exposed to the required colour rays, under the capable supervision and guidance of a man (usually termed a priest), who fully understood the mysteries of solar energy. These Temples of Healing, as they were called, were usually situated on a high and elevated position, and were built in such a way that the rays of the sun would fall upon the specially constructed colour filters incorporated in the walls and ceilings of the building, thereby producing seven different areas within the temple, so that every colour of the solar spectrum was available for healing purposes. The priest in charge of the temple advised and helped the ailing and sick people and selected the required colour ray for them, in order to re-charge and harmonise their being. When the right colour was selected, the patient simply went to the specified colour area within the temple, removed his clothing and exposed himself to the healing rays of the sun. This is the reason why we

find so many of the ancient races worshipping the sun for, as the real knowledge, which was held only by a few, was lost, the masses began to worship but the symbol, without understanding the true meaning of it. And so, the Temples of Healing became temples of worship of a mysterious power that no one really understood. We can find these symbols even to-day, for every modern church contains stained glass windows, which are the remnant of a once great science, but which to-day has been completely lost and forgotten and has grown into a mere symbolic representative of the true great Temples of Healing of the past.

THE COLOUR CHART

To help my readers, who desire to put colour to practical use in their life, I have included a simple colour chart in this book, which will be most helpful in selecting at a glance the right colours in relation to their therapeutic value. By studying the chart you will find the three primary colours, dark red or ruby, yellow and dark blue connected with heavy lines which form the primary triangle of colour. All other colours are derived at by intermixing of these three primary colours, as indicated by the secondary colour triangle of orange, green and violet.

To obtain the respective therapeutic qualities of the various colours, or show their effect upon the human system in general, we divide the chart by a vertical axis Y, which gives us two definite groups of colours with entirely different effects. The right half of the chart contains the warm colours of ruby, orange, yellow, etc., which have a

heating, stimulating and vitalising effect upon the body generally—whereas the left half contains the cold colours of green, blue, violet, etc., which are cooling, calming and soothing.

Dividing the chart once more by a horizontal axis X, we obtain in the upper right quarter the colours which are stimulating to the circulation and blood stream generally, in the lower right quarter the colours which are stimulating to the nervous system. The left lower quarter gives us the colours which are calmative to the circulation and other functions and the upper left quarter contains the colours which are calmative to the nervous system.

You will also find that the red-violet and yellow-green, which are situated on the Y axis, are useless for therapeutic purposes, whereas the orange and dark blue will be found equally beneficent for the nervous system as well as the circulation of the bloodstream.

The main purpose for including this colour chart in the book is to give my students, whom I taught how to absorb colour direct from the universal ether, a definite guide, which should make it easier to visualise the required colour rays.

In answer to the many requests for a colour chart which gives also the various shades and tints of colour, and enables anyone through the simple turning of a disc to select the correct colour combinations, so that the matching of the correct materials for your cloths or home will be child's play, I find it necessary to publish such a

chart separately, as the small dimensions of this book would not allow me to incorporate all the ideas upon one small dial. As such a chart requires a lot of thought, I shall publish it as soon as I have found the means of combining every possible use to which a colour chart could be put to into one disc.

THE HEALING PROPERTIES OF COLOUR

RED

Red is the first colour in the visible spectrum and has the strongest thermal properties as well as the longest wave length. It represents the heating element of sunlight, which has a rousing and stimulating effect upon the body, especially the vital and metabolic functions. The red ray increases the temperature, quickens the action of the heart and speeds up the circulation, especially of the arterial blood which is brought to the surface of the skin. Red is a most valuable colour to use in all congested, dormant or chronic conditions such as paralysis, chronic rheumatism, consumption, even up to the third stage, or complete physical exhaustion as well as anæmia. As red is very stimulating to the circulation as well as animating to the skin and glands, it is a wonderful medium for treating the stomach, spleen, kidneys, and so forth, which have become dormant and need re-vitalising.

Generally speaking, red is the colour to use for the treatment of all dormant conditions as it arouses and re-vitalises the congested organs in a very short time, giving them new life and energy.

Red has also been found most beneficial for the treatment of anæmic people who will obtain more blood and vitality from a 10 to 15 minutes' exposure to the vitalising rays of red than they would from a guinea bottle of iron tonic. Such treatments have also proved most successful in all cases where a blood transfusion would otherwise be necessary.

Many hopeless cases of rheumatism, rheumatoid arthritis, dropsy, chronic catarrh and hay fever, and so forth, that have been given up by doctors as hopeless, have been completely restored to perfect health after only a few weeks' treatment using the red ray in a colour sweat bath, which exposes the body to the necessary colour in a confined space, so that the rays of the sun can eliminate all the poison, and with it the trouble, from the system.

Red is also a wonderful stimulant for the male sex glands. Correct treatment in this respect can achieve by far better, quicker and more lasting results than any glandular treatment given by Voronoff or Steinach, which as a rule only lasts for a very short time. Red can only be used for the male sex glands, whereas violet must be used for the stimulation of the female sex glands.

The stimulating effect of red light is also a most valuable factor in the treatment of cataract, paralysis of the external eye muscles and detachment of the retina, where it can be used to rouse the blood and lymph current to increased activity, thereby initiating and supporting the removal of the deposits between the lens fibres in cataract and of the fluid accumulation under the retina in retinal detachment.

Red is DANGEROUS to use in any inflamed, feverish or excitable condition. It will also be found that red is not a very suitable colour to use on people with red hair or with very ruddy complexions, as they possess already an over-abundance of the red elements. Never use red alone for longer than about 10 minutes per treatment, as the use of too much red may cause an over-excited nervous system and can produce dangerous fevers.

ORANGE

The orange ray is a combination of the healing qualities of red, which is vitalising and gives energy to the physical body, and the qualities of yellow, which is healing to the mind and brings balance and wisdom. Never lose sight of the fact that **YOU CANNOT HEAL THE BODY WITHOUT AT THE SAME TIME HEALING THE MIND.** These two, as you will learn by studying some of my other publications, are inextricably interwoven, and to try to heal the one without attending to the other would be just a futile waste of time, for the **CAUSE** of every disease is in the mind as well as the body. As long as we are satisfied to treat the body only we will always have millions waiting for admission into our already overcrowded hospitals. That is also the reason why my temple of healing is a combination of a Solarium to treat the body and a Psychological Clinic to treat the mind.

As the heat rays of orange are more powerful than those of the red ray, it will be found a most useful colour for the treatment of all chronic bronchial irritations. As

orange is nerve-animating as well as warming to cold, negative and dormant conditions, it will be the proper force to use for the treatment of all paralysed or nervously dormant conditions. Orange is also a wonderful stimulant to the emotions, as it increases the pulse rate, strengthens the etheric body and promotes a general sense of cheerfulness and well being.

Orange is DANGEROUS to use in all over-active and nervous conditions such as deliriums, fevers, sleeplessness, inflammations and palpitations of the heart.

YELLOW

Yellow, in its mystic meaning, according to the teachings of the ancient sages, is the colour of Wisdom, whose attributes are moderation in all things, attention to detail, which includes the gaining of understanding concerning the laws of life and nature, and self-control, which is probably the greatest and most needed attribute in our world to-day.

The yellow ray has the distinction of being the most powerful light-ray of the solar spectrum. As yellow is a great nerve stimulant and very exciting to the brain, it is most beneficial in cases of melancholia and can be used for the treatment of all stupid, lethargic mental as well as physical conditions. I have always found the mental response and appreciation of my audience a hundred per cent. better when I exposed them to the soft rays of a yellow light. Artists, musicians and public speakers should

make free use of this simple knowledge, which would not only prove most beneficial to themselves, but also to the audience who listen to their renderings.

Yellow is also very beneficial for the treatment of inert tumors, but one of the best uses that the yellow ray can be put to for the establishment of harmony and health in man is for the treatment of all sluggish conditions such as sluggish livers, bowels, kidneys, spleen, pancreas, etc., as it increases metabolic action and acts as a very gentle and yet most powerful purgative and laxative. Many hopeless cases of constipation have been cured in a very short time through the use of the yellow ray, in conjunction with water, which has been charged with yellow light, and is taken internally in doses as required by the individual patient.

The enlivening effect of yellow is of special value in all cases of chronic eye diseases, such as paralysis of the eye muscles, glaucoma, cataract, etc., as it kindles the specific activity of the sluggish section of the eyes, rousing them out of their lethargy, enhancing their active forces, and transforming the passive and unresponsive state into a more reactive condition, thereby quickening its functional recovery. For the same reasons, yellow has also been found beneficial for the treatment of bad hearing.

Yellow is DANGEROUS and should never be used in all nervous and exciting conditions such as insomnia, sciatica, neuritis, etc.

GREEN

Green is the colour of Nature, the colour of strength and progress in body and mind. Green is the colour vibration which loosens and relaxes the etheric body. As it affects mainly the nervous system by re-charging the minute batteries of which the nervous system is composed, it acts as a sedative, and is of great value as a healing force in cases of nervous irritability, nervous exhaustion, nervous breakdowns and sleeplessness. It has a wonderfully calming effect on the mind and the nervous and physiological functions generally. I have found it most valuable for the treatment of nervous heart conditions where an even rhythm can be established within a surprisingly short time.

As green is very soothing it is a most useful colour to apply for the treatment of inflamed stomachs, livers, etc. It has also the power to reduce blood pressure, decrease vitality and metabolic action and is therefore used in all cases of nervous disorders, neuralgia and headaches, associated with blood pressure. It is one of the best colour rays to use for the treatment of shell-shock and hysteria.

Green is also very soothing to the emotions and should be used freely in all cases of excitable and irritable people and will therefore be found very beneficial for the treatment of hysteria, jaundice and biliousness. It is the one colour of the solar spectrum which can be used freely and for long periods without producing any bad re-actions upon the patient. Mother Nature, in her supreme wisdom, has given us green fields and forests so that we may find

healing and peace and calm as well as recuperate our weary and tired nerves. A day in the country is an actual tonic to our body, mind and spirit, and because of this action upon the three constituents of the human being, the green colour ray is of such vital importance to us as a medicine.

The only cases where green is not advisable to use is for people who lack vitality or are anæmic, as it makes the progress still slower.

Another most beneficial use for the green ray is in all cases of eye diseases as well as tired, inflamed or overstrained eyes, as it has the power to regulate the blood circulation, calm the nerves and act as an antiseptic at the same time. As green has the power to prevent the decay of eye tissues and the growth of disease germs, it will be found most beneficial in all cases of inflammation where the disease process has given rise to the formation of pus in the anterior eye chamber.

BLUE

Blue is said to be the ray of "Truth" and even though it may be a little cold and merciless, it has a wonderful power to cleanse and calm and bring peace to mind and body.

The blue, indigo and violet end of the solar spectrum is refrigerant, astringent, nervine and very soothing to any system in which inflammatory and nervous conditions pre-

dominate. The blue ray is the harmonising and balancing principle in all cases where the red arterial blood has become very active or has caused inflamed conditions. Blue is therefore the soothing principle to be used in all cases where the yellow or orange principles of the nerves have become unduly excited. This applies especially to the nerves of the cranium, stomach, bowels, kidneys, etc., where the heating thermal principles may have caused delirium, emesis, diarrhœa, diuresis, and so forth.

Blue has the power to harmonise the emotions and will be found most beneficial in all cases of over-excitement, as it acts upon the etheric body by contracting or tightening it. As blue causes anæmia or lack of blood, it is for this reason of high value in all cases where it is desirable to counteract inflammations. It has also been found of outstanding value in cases of internal hæmorrhages where its astringent qualities will be found of surprising benefit to the patient. Most violent cases of hæmorrhage, of the lungs have obtained relief at the first treatment of 10 to 20 minutes.

When nervous conditions prevail blue is a most suitable colour to use, as it is a nerve tonic and acts very favourably on the nervous system by calming and steadying the nerves. It remedies all nerve disorders and reduces hyper-sensitivity, tension and nervousness. It quiets excitable persons who are highly strung, restless and easily agitated and gives a welcome relief and rest to weak and strained nerves. This is the reason why blue light is of such great help to people suffering from insomnia or sleeplessness.

As blue has a marked pain-relieving property it is of untold value in cases of persons suffering from neuralgic pains in the head and around the eyes, as well as all painful or inflamed conditions. Blue should therefore be used in all cases of inflamed sciatica, rheumatism, spinal meningitis, concussion, sunstroke, internal hæmorrhage, insomnia and so forth. As blue is very astringent, it will be found that it slows down the action of the heart and causes blood pressure.

One very welcome effect of blue light is its power to kill flies, mosquitoes and other insects, which are the result of heat. Anyone can get rid of these little pests by either using a blue gauze over the window frame or using a blue light of the correct shade for a while at night. But please do not stay in the room too long as it will make you too miserable.

Another wonderful use which the blue ray can be put to is for the treatment of your hair and scalp. Practical application of the correct colour will prove to you that it is most beneficial to the growth of hair, and as it also has very powerful antiseptic properties it will kill and eliminate dandruff, prevent the hair from falling out and actually grow new hair, as it increases metabolic action and promotes the growth of healthy new cells.

The blue ray should never be used for more than 10 to 15 minutes at a time, as its action will otherwise result in a feeling of tiredness and utter depression (the blues). It is therefore dangerous to use blue in all dormant and sluggish conditions, or in cases of low vitality, melancholia, poor circulation, congestion of organs or depression.

VIOLET

Violet and purple are the rays of Power, according to the ancient mystics. Violet, being the complementary colour of yellow, acts specifically upon the heart, lungs and blood vessels. Violet, as well as purple, are the most powerful antiseptic colours of the solar spectrum, which can kill all germs, including T.B., and are therefore the most suitable colours to use for the treatment of all pulmonary troubles.

Violet, being even more powerful than blue, is the most suitable colour to use to put people to sleep, but as it also produces melancholia if used too freely, it should only be applied in very small doses. Violet has also been found a most suitable colour for the treatment of dyspepsia, inflamed or ulcerated stomach and bowel, inflamed kidneys and so forth.

As mentioned before, violet has the power to increase the activity of the female sex glands and it has been found that treatments of this nature have a surprisingly re-vitalising and rejuvenating effect upon the entire body, especially upon the skin where it removes all blemishes and leaves it smooth and soft. I believe a Viennese colour expert made quite a name for himself in London before the war by rejuvenating people, making their wrinkles disappear in a few weeks through the use of a certain shade of violet light. Well, if the vanity of people makes them rush the man who can use colour to give them their youthful appearance again, it is at least some proof that mankind learns to realise and appreciate the tremendous value of colour.

Violet and purple are even more powerful than blue if used for the prevention of falling hair and the destruction of dandruff. It seems quite impossible to grow new hair on a head that has been completely bald for years, and yet such feats have been accomplished repeatedly with the use of the right colour rays.

Violet light has also been found most beneficial for the treatment of violent lunatics, who can be soothed and calmed down under its influence within an amazingly short time. I only wish that the men in charge of our lunatic asylums would take the trouble of investigating the wonderful healing powers of sunlight and colour, for many thousands of unfortunates could be restored to normal health through the practical application of colour therapy within the walls of these institutions.

Over-exposure to violet will make you depressed and miserable, and it is therefore a DANGEROUS colour to use in all cases of melancholia, depression, sleepy sickness, gout or general low vitality.

In the above paragraphs I have endeavoured to give you a general outline of the healing properties of the various colours of the solar spectrum, but in practice it will be found necessary to use a combination of two or more colours at one time to bring about a speedy, harmonious condition of the etheric and physical body. This is done purely to speed up the general process of readjustment, so that a patient may be well in two weeks instead of two months.

Quite often it will be found necessary to use red for the legs and limbs, yellow for the stomach and bowels, red or orange for the chest, and blue for the head. Such colour combinations can, of course, be achieved only in specially constructed equipments, which would prove rather too expensive for the average individual patient to install in his own home, but will all be available for treatment purposes when my Solarium is completely established. Besides, there are a few other important laws which the patient must learn to obey before he can manifest perfect health, and it will therefore be necessary to teach each individual the simple laws of life and see that they are obeyed until they have become a natural habit. Otherwise man will never be able to conquer his troubles and ailments, for as soon as one pain is fixed up another one will start somewhere else. What happiness can such people get out of life when they can never rise above the torments of their body and be free, but always live in fear and dread, wondering what sort of sickness they are going to get next. It may seem terrible to read this in cold print, but it is by far more terrible to know that the majority of mankind lives like that. If it were not so our hospitals would not be so over-crowded, with thousands waiting to get admission. Should not this prove that something is wrong somewhere in our conception or understanding of things? That man has been so busy moaning and worrying about all his illnesses, that he has lost sight of the very thing he seeks? How can you ever get healthy unless you investigate HEALTH and find out the laws which govern it? We, who pride ourselves to be so cultured and civilised and educated, haven't even the commonsense any more

which the animal world uses so beneficially. Go out into nature and you will find healthy birds and animals everywhere. They know how to obey the laws of Nature, for instinct tells them that they can't afford to get sick or their life would be at danger, and so they are happy and use their intelligence in the right way so that they may be well and strong. If man could only learn to understand that body, mind and spirit are not three different manifestations of our being, but ONE INTERWOVEN WHOLE, then he would soon learn to get the three in appearance to harmoniously vibrate and co-operate as one Reality. For you cannot heal the body without also healing the mind which consciously or unconsciously controls that body. When you have re-established and re-educated that mind then you will find that the invisible forces of Life will fill your being with energy, force and life. In the East there is a saying, "When thine eye has become single, thy body will be filled with Light." This means that he who has realised that body, mind and spirit are but one, and have to operate as a unit, will be able to contact these mighty invisible forces of Life—which manifest as Light—until his consciousness as well as his physical self are filled with the Life and Light of this mighty energy that gives us our existence.

THE INFLUENCE OF LIGHT AND COLOUR ON ANIMALS

Another branch of colour therapy is the practical application of light and colour treatments for the purpose of discovering their effect upon animals. Research and

practical observation has proved without doubt that the effect of Light and Colour on animals such as dogs, cats, horses, sheep, cows, birds, etc., is exactly the same as that which it has on the human organism. Various experiments with animals suffering from all kind of disease conditions reveal most satisfactory results. For instance, horses which were over-worked, weak, tired and in a low state of health became lively and strong again after being exposed to the stimulating and invigorating influence of red or yellow light, and showed a noteworthy increase in vitality and efficiency. On the other hand, nervous horses or dogs who were exposed to the blue light became calm, quiet and peaceful, while they were restless and unruly before the treatment. I am certain that the influence of colour rays on animals is exactly the same as that on human beings, providing that the treatment and time of exposure are given under similar conditions.

SUBSTANCES CHARGED WITH COLOUR

One of the most wonderful uses that colour can be put to is the charging of various substances which have the ability to absorb the respective healing rays of sunlight and, if taken internally, will transmit this healing force to the physical body of man. Even though it would be possible to charge any food with colour, you will find by studying the first chapter of this book that only certain colours can be absorbed by certain foods. For this reason it is best to use neutral substances which are capable of absorbing any required colour, and which at the same time are also the simplest to obtain and the quickest to absorb

colour. The most common mediums for this purpose are air, water and sugar or sugar of milk. From a practical point of view it will be found that water is probably the simplest and cheapest to use, and as it has the power to absorb more of the healing elements of sunlight than any other medium, it will also prove more beneficial than any other substance charged with colour for internal healing purposes.

It would be possible to write a whole book on this most interesting subject alone, but I shall give you at least a short outline of the wonderful healing powers of colour charged water.

Plain water charged with red contains all the blood-warming and blood-building elements of sunlight and is therefore the best blood builder that it is possible to obtain. Anæmic people will find it more beneficial than any blood tonic on the market.

Water charged with yellow or amber will be found animating to the liver, kidneys, bowels, pancreas and so forth. It is one of the simplest and most effective laxatives to use for the purpose of toning up the system, and has brought about the complete cure of many chronic cases of constipation, where all other known methods have completely failed. It is also excellent as a rectal enema in all cases where the muscle of the rectum is dormant.

Water charged with blue is one of the most thorough astringents that we could obtain, and has been found the most effective cure in cases of diarrhœa, dysentery and even cholera, when all other methods had failed. Being

anti-inflammatory, it will be found most beneficial in all cases of gastritis, colic, internal inflammations, flatulency, etc., and has even been used in the early stages of cancer in the stomach with satisfactory results. As water charged with blue is a great and safe antiseptic, it will be found a wonderful gargle for cancerous mouths and malignant sore throats. It also is unequalled as a wash for inflamed eyes, burns, wounds, chapped hands, dandruff and hair that is beginning to fall out. It is a wonderful astringent and makes the skin as soft as silk. It has also been found unequalled as an enema for inflamed womb and vagina.

Water charged with purple will be found a most excellent remedy for indigestion. By adding a little salt to it you can obtain one of the best nasal douches for catarrh. As a tonic for the hair and scalp a half and half mixture of water charged with blue and purple will give the best results. Due to its disinfecting and germ-killing qualities it is highly recommended as a vaginal enema in cases suffering from leucorrhea.

The above is only a general outline of the wonderful uses that water charged with colour can be put to. There is only one more point that I would like to mention and that is the charging of fresh air with colour, which, when fully understood and used by man, will bring about a new era in the treatment of affected lungs, tuberculous diseases, pulmonary consumption, chronic bronchitis, asthma and so on, as the results obtained with such simple treatments are really too remarkable to be overlooked.

In charging water or air with colour rays great care must be taken that the correct filters are being used, for

otherwise the effect of the charged water or air may be exactly the opposite to that which you require. It is most essential that every colour filter is tested before being used, to make certain that only the required rays of the solar spectrum are allowed to filter through. It would be sheer foolishness to use any bit of coloured glass that may be handy for this purpose.

I have designed a simple but ingenious little apparatus which can be used for charging water or air with any required colour by merely changing the colour filter. This apparatus will be available in the near future and will be obtainable from the author only, with either individual colour filters or a complete set.

CONCENTRATED SUNLIGHT AND COLOUR RAYS BURNING GLASSES AND COLOUR LENSES

Pure sunlight is, of course, far more desirable for man than any one particular colour alone, for in sunlight we get all colours and all potencies combined. While many conditions of disease and perhaps imperfections of climate may be vastly improved by the selection of one or more particular colours, man and nature requires and must depend mostly upon the combined rays of pure white sunlight.

The wonderful healing power of sunlight can be used also for many purposes through the application of special burning glasses and coloured lenses which bring the rays of sunlight to a concentrated focus, thereby making them very hot and powerful. As an example, a cheap burning glass can be used at any time in an emergency to cauterise

a wound or injury, thereby stopping the bleeding immediately. It will be found that any wound or injury treated in such a way will heal surprisingly quick without leaving any mark whatsoever.

Another use to which coloured lenses can be put to is the removal of warts, moles, birthmarks and other facial or bodily disfigurements of this nature, as well as corns which usually cause an unlimited amount of unhappiness and trouble to their owners. So many people have birthmarks of a red, blue, purple, black or other colour which could all be removed without leaving any trace or ever reappearing again, no matter how small or how big they may be, through the simple use of sunlight and a lens of the right colour. As there are no mineral or chemical poisons in sunlight, this form of treatment is perfectly safe and produces no ill after-effects, but it is important to understand the use of the necessary colour required for the treatment of each individual case. All inflamed or red conditions must be treated with a blue lens. Hard tumors or other dormant conditions are usually treated with an amber lens, whereas at other times a purple lens is required. Many cases of indigestion, insomnia and neuralgia have been cured through the use of a blue lens. A severe case of felon on the finger was treated and cured with a red lens. An amber lens was used to treat a case of deafness, who was completely cured after three treatments of 15 minutes each. I mention these cases only to show you the wonderful healing power of concentrated sunlight, if applied in the correct manner.

I suppose you would like to know how to get rid of your pet corn? Well, I'll tell you. Pare off the hard and callous part of the skin and then focus a red lens or a plain burning glass over it a few times. You will find that you can easily obliterate corns of many years' standing in this way.

I have mentioned before the beneficial use of colour rays, especially if concentrated for the treatment of cataract, paralysis of the retina and other eye diseases, and you will find all further particulars concerning this subject in my other publication, "Perfect Sight and Hearing." Also, the simple method of treatment and cure for Colour Blindness will be found fully dealt with in this book.

ABSORBING COLOUR RAYS DIRECT FROM THE ETHER

All space is filled with Light and Colour—vibrating at different speeds, and if man has a highly trained and developed mind and knows the laws of universal vibration, he does not need any outside means in order to absorb the required colours direct from the universe. For the power of the mind of man, if it has been trained properly, can select any colour from the ether at will and bring it down into his body—thereby flooding and filling every cell and atom of his being with the required healing elements of the universe.

This is the highest, speediest and most powerful method of applied colour therapy known to man. In the

East some rare few have this knowledge and use it freely to perform so-called miracles of healing, but in the West this knowledge is unfortunately yet little understood. Yet any man or woman who has that knowledge and mental power to absorb any required colour ray direct from the ether, can use it freely and at any time—to heal his body—to bring inspiration to his mind—to keep himself warm in winter or comfortably cool in summer. What a wonderful gift of the Gods—but unfortunately they have to lie dormant without being used by man, merely because he lacks understanding.

It is really all so very simple and if you have read and practised my little book, "Breath is Life," you will find there the foundation of this wonderful knowledge in the ability to breathe correctly and the knowledge of how to absorb Pranic energy from the ether. All the higher teachings to this fountain of life, health and abundance are contained in my three Study Courses on "Practical Yoga," which is too extensive a subject to include in a little book of this nature.

"Knowledge is Power indeed," for he who has the knowledge and ability to draw upon the mighty colour rays of the ether will never require any outside help to bring him healing, harmony, peace, success and abundance, for he will fully realise that he is a part of all the mighty forces in this vast universe—

Light and Colour are the essence of all things—and he who understands the simple Laws of the Universe will

be able to use the Power of Light—not only to bring him Wisdom and Understanding, but also to supply him with all his daily needs—for GOD IS LIFE—AND LIGHT IS THE MEDIUM WHICH HE USES TO MANIFEST ALL THINGS IN THE VISIBLE WORLD.

May peace be with you.

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